

TRICARE® Preventive Health Care Services

TRICARE coverage for health-promotion and disease-prevention examinations

Preventive care can help you maintain good health through early detection and treatment of diseases. TRICARE covers many preventive medical services including preventive health screenings. Your location and beneficiary category will determine how you access care.

UNITED STATES

If you are enrolled in a TRICARE Prime option, you may receive preventive health care services from your primary care manager (PCM) or from any network provider without a referral or prior authorization. When using TRICARE Standard and TRICARE Extra, you may receive certain preventive care services* from any TRICARE-authorized provider for no out-of-pocket costs.

* These services include cervical, breast, colon, and prostate cancer screenings; immunizations; well-child visits; and health-promotion and disease-prevention visits.

OVERSEAS

TRICARE Overseas Program (TOP) Prime beneficiaries should contact their PCM at their overseas military hospital or clinic. The PCM will arrange for any needed preventive health care services. TOP Standard beneficiaries can make appointments for preventive care with host nation providers, except in the Philippines, where beneficiaries are required to see certified providers for care. Additionally, if you reside in the Philippines and seek care within designated Philippine Demonstration areas, you must see approved demonstration providers to ensure TRICARE cost-shares your claims, unless you request and receive waivers from Global 24 Network Services. Visit www.tricare-overseas.com/philippines.htm or www.tricare.mil/philippines for more information.

COMPREHENSIVE HEALTH-PROMOTION AND DISEASE-PREVENTION EXAMINATIONS

Adult: A comprehensive clinical preventive examination is covered if it includes an immunization, Pap test, mammogram, colon cancer screening, or prostate cancer screening. Beneficiaries in each of the following age groups may receive one comprehensive clinical preventive examination without receiving an immunization, Pap test, mammogram, colon cancer screening, or prostate cancer screening (*one examination per age group*): 18–39 and 40–64.

Pediatric: A comprehensive clinical preventive examination is covered if it includes an immunization. Beneficiaries in each of the following age groups may receive one comprehensive clinical preventive examination without receiving an immunization (*one examination per age group*): 2–4, 5–11, 12–17. School enrollment physicals for children ages 5–11 are also covered.

Note: For beneficiaries age 12 and older, school enrollment physicals are not covered.

TARGETED HEALTH PROMOTION AND DISEASE PREVENTION SERVICES

The following screening examinations listed may be covered if provided in conjunction with a comprehensive clinical preventive examination. The intent is to maximize preventive health care.

Cholesterol Screening

TRICARE covers age-specific lipid panels, as recommended by the National Heart, Lung, and Blood Institute guidelines.

Blood Pressure Screening

Blood pressure screening is covered at least every two years after reaching age 6.

Infectious Disease Screening

TRICARE covers screening for infectious diseases, including hepatitis B, rubella antibodies, and HIV, and screening and/or immunization for tetanus, rabies, hepatitis A and B, meningococcal meningitis, and tuberculosis.

Cancer Screenings

Colonoscopy

Optical (conventional) colonoscopy is covered in the following circumstances:

- **Average risk:** Once every 10 years beginning at age 50 for individuals at average risk for colon cancer.
- Increased risk: Once every five years for individuals with a first-degree relative diagnosed with a colorectal cancer or an adenomatous polyp before reaching age 60, or in two or more first-degree relatives at any age. Optical colonoscopy should be performed beginning at age 40 or 10 years younger than the earliest affected relative, whichever is earlier. Once every 10 years, beginning at age 40, for individuals with a first-degree relative diagnosed with colorectal cancer or an adenomatous polyp at age 60 or older, or colorectal cancer diagnosed in two second-degree relatives.
- High risk: Once every one to two years for individuals with a genetic or clinical diagnosis of hereditary non-polyposis colorectal cancer (HNPCC) or individuals with a family history or who are at increased risk for HNPCC. Optical colonoscopy should be performed beginning at age 20–25 or 10 years younger than the earliest age of diagnosis, whichever is earlier. For individuals diagnosed with inflammatory bowel disease, chronic ulcerative colitis, or Crohn's disease, cancer risk begins to be significant eight years after the onset of pancolitis or 10–12 years after the onset of left-sided colitis. For individuals meeting these risk parameters, optical colonoscopy should be performed every one to two years with biopsies for dysplasia.

Proctosigmoidoscopy or Sigmoidoscopy

For both males and females, proctosigmoidoscopy or sigmoidoscopy for the screening of colorectal cancer is covered in the following circumstances:

- **Average risk:** Once every three to five years beginning at age 50
- Increased risk: Once every five years, beginning at age 40, for individuals with a first-degree relative diagnosed with a colorectal cancer or an adenomatous polyp at age 60 or older, or two second-degree relatives diagnosed with colorectal cancer
- **High risk:** Annually, beginning at age 10–12, for individuals with known or suspected familial adenomatous polyposis

Fecal Occult Blood Testing

For individuals at average risk for colon cancer, either guaiac-based or immunochemical-based testing of three consecutive stool samples once every 12 months after reaching age 50 (i.e., at least 11 months must have passed following the month in which the last covered screening fecal occult blood test was done).

Skin Cancer

Examinations are covered at any age for individuals at high risk due to family history or increased sun exposure.

Men's Cancer Screenings

Prostate Cancer Screening

TRICARE covers a digital rectal examination and prostate-specific antigen screening annually for:

- All men age 50 and older
- Men age 45 and older with a family history of prostate cancer in at least one other family member
- All African-American men age 45 and older, regardless of family history
- Men age 40 and older with a family history of prostate cancer in two or more family members

Testicular Cancer Examination

TRICARE covers one clinical testicular exam annually for males ages 13–39 with a history of cryptorchidism, orchiopexy, or testicular atrophy.

Women's Cancer Screenings

Pap Test

Routine Pap tests are covered annually for woman starting at age 18 (*younger if sexually active*) or less often at patient and provider discretion (*though not less than every three years*).

Clinical Breast Examination

For women under age 40, a clinical breast examination may be performed during a preventive health care visit. For women age 40 and older, a clinical breast examination should be performed annually.

Screening Mammogram

Screening mammograms are covered annually for all women beginning at age 40. Mammograms are covered annually at age 30 for women who may be at high risk. Discuss possible risk factors with your doctor.

Breast Screening Magnetic Resonance Imaging (MRI)

In addition to the annual screening mammogram, a breast screening MRI is covered annually beginning at age 30 for women who may be at high risk. Discuss possible risk factors with your doctor.

Human Papillomavirus (HPV) DNA Testing

HPV DNA testing is covered as a cervical cancer screening only when performed in conjunction with a Pap test, and only for women age 30 and older.

IMMUNIZATIONS

Age-appropriate vaccines, including annual influenza vaccines, are covered as recommended by the Centers for Disease Control and Prevention (CDC).

The HPV vaccine is a limited benefit and may be covered when the beneficiary has not been previously vaccinated or completed the vaccine series.

- **Females:** The HPV vaccine Gardasil (HPV4) or Cervarix (HPV2) is covered for females ages 11–26. The series of injections must be completed before reaching age 27 for coverage under TRICARE.
- Males: The HPV vaccine HPV4 is covered for all males ages 11–21 and males ages 22–26 who meet certain criteria.

A single dose of the shingles vaccine Zostavax is covered for beneficiaries age 60 and older.

Coverage is effective the date recommendations are published in the *CDC's Morbidity and Mortality Weekly Report*. Refer to the CDC's Web site at www.cdc.gov for a current schedule of recommended vaccines.

Note: Immunizations for active duty family members accompanying sponsors with permanent change of station orders to overseas locations are also covered. Immunizations for personal overseas travel are not covered.

WELL-CHILD CARE

TRICARE covers well-child care for eligible infants and children until reaching age 6. The following services are covered under well-child care:

- Routine newborn care
- Comprehensive health-promotion and diseaseprevention exams
- Vision and hearing screenings
- Height, weight, and head-circumference measurements
- Routine immunizations
- Developmental and behavioral appraisals

TRICARE covers well-child care in accordance with American Academy of Pediatrics (AAP) and CDC guidelines. Your child can receive preventive care well-child visits as frequently as the AAP recommends, but no more than nine visits in two years. Visits for diagnosis or treatment of an illness or injury are covered by TRICARE, but are not considered well-child care.

Well-child services are considered preventive, so there are no referral or prior authorization requirements or out-of-pocket costs. However, if your child is covered by TRICARE Prime, he or she must see a network provider for care to avoid higher out-of-pocket costs under the point-of-service option. For children age 6 or older, health screenings and immunizations are covered under the TRICARE clinical preventive services benefit. Visit www.tricare.mil/well-child for more information.

For more information about TRICARE coverage of preventive health care services, visit www.tricare.mil/preventivecare.

WOMEN, INFANTS, AND CHILDREN OVERSEAS PROGRAM

The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas Program to eligible beneficiaries. The WIC Overseas Program provides participants with supplementary nutritious foods. Program staff members provide ideas for meal planning and food preparation. Your WIC counselor gives you an approved-food list and food checks called "drafts," which you redeem for specific foods and quantities in overseas commissaries and NEXMARTs. Drafts are only accepted at these overseas stores. The WIC Overseas Program also offers nutrition and health screenings for you and your children. Screenings may help identify health conditions early, so you can seek proper medical attention.

Eligibility

Members of the uniformed services, DoD civilian employees, DoD contractors, and family members may be eligible to participate in the WIC Overseas Program. Eligible participants include:

- Expectant mothers—during pregnancy and throughout the first six weeks after giving birth
- Mothers—until the infant is 6 months old if bottle-feeding or 1 year old if breast-feeding
- Infants and children—until the end of the month in which they turn age 5

Contact your local WIC Overseas Program office to find out if you are eligible. Program counselors evaluate income, family size, and other criteria to determine eligibility. There are no enrollment fees or costs. Visit www.tricare.mil/wic or a military hospital or clinic to learn more or to locate the nearest WIC Overseas Program office.

HEALTHY-LIVING TIPS

Obesity Prevention

Obesity can strain your heart, joints, and bones, and can cause other diseases common in adults, such as type 2 diabetes. Obesity has become widespread in children, and often carries into adulthood, causing high blood pressure, arthritis, sleep apnea, and low self-esteem, among other problems.

TRICARE's "Get Fit" campaign provides weight-loss resources as well as materials to educate you and your family about the risks of being overweight. For more information about "Get Fit," including healthy-living tips, links, games, and articles, visit www.tricare.mil/getfit.

Alcohol and Substance Abuse Awareness

Responsible alcohol consumption is one of the best lifestyle decisions you can make to maintain quality of life for yourself and your family. Visit www.tricare.mil/alcoholawareness for more information about alcohol awareness and preventing alcohol abuse.

The DoD "That Guy" multimedia campaign aims to reduce excessive drinking among young service members by sharing information, videos, downloads, and other online tools to raise awareness about alcohol abuse. To learn more, visit the "That Guy" Web site at www.thatguy.com. TRICARE also offers coverage for treatment of certain substance use disorders. Visit www.tricare.mil/coveredservices for more information.

Quitting Tobacco

Smoking can cause heart and lung diseases and cancer. It can also increase your chances for hospitalizations, missed workdays, poor or failed fitness evaluations, and impaired night vision.

Smokeless tobacco is another dangerous and addictive form of tobacco use. The two most common types of smokeless tobacco used in the United States are chewing tobacco and snuff. Smokeless tobacco is not a safe alternative to smoking; it can lead to cancer, oral-health problems, and nicotine addiction.

Knowing these facts may encourage you to quit, but quitting can be hard. It may take several attempts to quit tobacco. TRICARE is dedicated to helping active duty service members, veterans, retirees, and their families succeed in their attempt to quit smoking. You can get the assistance needed to break the smoking cycle using these resources:

- TRICARE-covered smoking-cessation medications
- TRICARE's Smoking Quitline—a telephone support and referral service with trained smoking-cessation coaches
- The DoD's <u>www.ucanquit2.org</u>—a Web site with training and a wide range of tools to help you become tobacco-free

Through these free services, you have access to several smoking-cessation tools. For more information, visit www.tricare.mil/quittobacco.

KEEP YOUR CHILDREN FIT AND HEALTHY

Healthy eating and physical activity are key to your child's well-being. Children grow at different rates at different times, so the best way to find out if your child is at a healthy weight is to ask your pediatrician at your child's next well-child visit. Well-child visits provide a great opportunity to have your child's height, weight, body mass index (BMI), and BMI percentile evaluated. These measurements help determine whether your child is at a healthy weight for his or her age and gender. The well-child visit is also an opportunity to discuss your child's nutritional and dietary needs and physical activity level.

Childhood obesity has more than tripled in the past 30 years, according to the CDC. Addressing your child's weight and BMI measurements with his or her doctor is an important step toward protecting your child's health.

Apps for Healthy Kids is part of First Lady Michelle Obama's "Let's Move!" campaign. The fun and engaging tools and games motivate children—directly or through their parents—to eat better and be more physically active. For more information, visit www.appsforhealthykids.com.

"Let's Move!" also provides support to military families by partnering with health clubs that allow service members and their families to sign up for free memberships and personal training. Learn more at www.letsmove.gov.

For more information about the prevention and treatment of childhood obesity, visit:

- AAP: www.aap.org/obesity
- CDC: www.cdc.gov/healthyyouth/obesity

FOR INFORMATION AND ASSISTANCE

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Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com	Humana Military, a division of Humana Government Business 1-800-444-5445 Humana-Military.com	UnitedHealthcare Military & Veterans 1-877-988-WEST (1-877-988-9378) www.uhcmilitarywest.com
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An Important Note About TRICARE Program Information

At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. Military hospital and clinic guidelines and policies may be different than those outlined in this publication. For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act.